

Clark's Market,
Precision Rehabilitation, Inc. &
San Juan Cross Country Team present

Blanding's 14th Annual
4th of July 5k & 1 Mile Fun Run



6:30 a.m. 5k—entry fee \$25 (with shirt), \$15 (no shirt)
7:15 a.m. 1 mile fun run—entry fee \$5 (includes finish ribbon)

Both races begin and end at Centennial Park.

Registration forms must be received by June 21 to receive a shirt.

NO RACE DAY REGISTRATION

Packet pickup: Wednesday, July 3rd—Wellness Center 6-8 p.m.

For more information, contact Holly Walker at 678-3065 or hollykwalker@hotmail.com

Detach here and return by June 21 (to get a shirt) or by July 3rd at packet pickup 6-8 p.m. at Wellness Center
Entry forms may be mailed to: 4th of July 5k, 169 West 200 North, Blanding, UT 84511

PLEASE MAKE CHECKS PAYABLE TO SAN JUAN HIGH SCHOOL CROSS COUNTRY

Check one : ☐ 5k ☐ 1 mile fun run ☐ completed **PRECISION REHAB.**

Fitness Challenge (include calendar)

Name: _____ Age (on 7/4): _____ ☐ Male ☐ Female

Address: _____

Email : _____ Phone: _____

Shirt size (5k only) ☐ XS ☐ SM ☐ MD ☐ LG ☐ XL ☐ XXL

Signature: _____ Date: _____

Signature of Guardian if participant is under age 18: _____

Signing this form indicates you are aware of the dangers associated with the above stated aerobic fitness event and that you are fully prepared for its rigors; additionally that you release any of the above individuals or entities associated with sponsoring, organizing, or operating this event from legal liabilities associated with personal injury or damages. Further you will obey all traffic regulations while running on public roads. All minors must have a guardian signature. Please keep top of form for your information.